

Physical Education: Grade 6

Personal & Social Development Skills

- Participates fully and communicates cooperatively with others
- Follows rules of etiquette and ethical behavior
- Displays age-appropriate self-control and discipline
- Uses feedback to improve performance
- Accepts the decisions of those teachers or officials in charge
- Chooses healthful physical activities
- Encourages the efforts of others
- Displays supportive/inclusive behaviors
- Self-initiates contributions to personal and partner/group effort
- Adjusts behavior to prevent/reconcile conflicts

Motor Skills & Movement Patterns

- Applies basic strategic and tactical skills in modified sport, cooperative, and individual activities
- Demonstrates accuracy and control in throwing, striking, and dribbling
- Displays proper techniques for locomotor, nonlocomotor, and manipulative skills
- Uses correct terminology associated with modified sports and activities
- Makes appropriate changes in performance based on feedback
- Includes principles of practice in a plan to improve skills

Physical Activity & Fitness

- Defines the FITT Principle (Frequency, Intensity, Time, and Type)
- Compares community activities to personal interests and capabilities
- Compares personal fitness to qualities needed to perform selected physical activities
- Plans and incorporates fitness activities into a weekly routine
- Measures intensity of participation in aerobic activities